

# PASTIMES

## MOVE

AROUND THE TOWN



HAZEL SWEITZER

I am sure you see me walking in town several times a day. I am fortunate that my human Tom likes to

take me on long walks and have friends who want to walk me too. I enjoy prancing thru town, and having people compliment me: "Oh, isn't she cute!" "Oh, that my, she is so sweet!" "Oh, that

face!"

I don't mean to brag and nothing against other cute dogs, but I am full of myself and know I am cute. Seriously, I like to walk because it lifts my mood and makes my body feel good. Tom feels the same way. He finds walking, exercising, and stretching keeps depression at bay and makes his mind work better.

It is more important than ever to do what we need for our bodies and minds to feel better during these times. You know, dogs get in bad moods too. When we are hungry or left alone too long or have a mean dog greet us outside the post office just like you, our mood can get pretty crummy. Listen, I've been there. But when I walk, and I breathe in our country air,

it makes all the difference.

Tom has been doing Zoom sessions with Covid survivors, who are still suffering from symptoms. I get to be in the room and listen to his sessions. He tells his groups that moving a few times a day, even if stretching in your house to music, helps blood flow and oxygen levels. Feeling down and depressed or having anxiety-filled thoughts can stop us all from wanting to move. Tom tells them to push themselves to get out, to move, to start small. That even a five-minute walk is better than nothing. Also, if you can get outside to see nature, that is a plus. Trees, animals, flowers, and plants help us get out of obsessive thinking and darker feelings. Sometimes he turns on Disco music



and makes his group dance and laugh. He believes that even a couple of minutes of music and movement can change a person's entire day. So, I suggest as winter is approaching, put on some warm clothes and get out there and MOVE! I hope to see you on one of my walks and remember, I am always looking for a pet or a compliment about how cute I am.

## POWER OF TOUCH

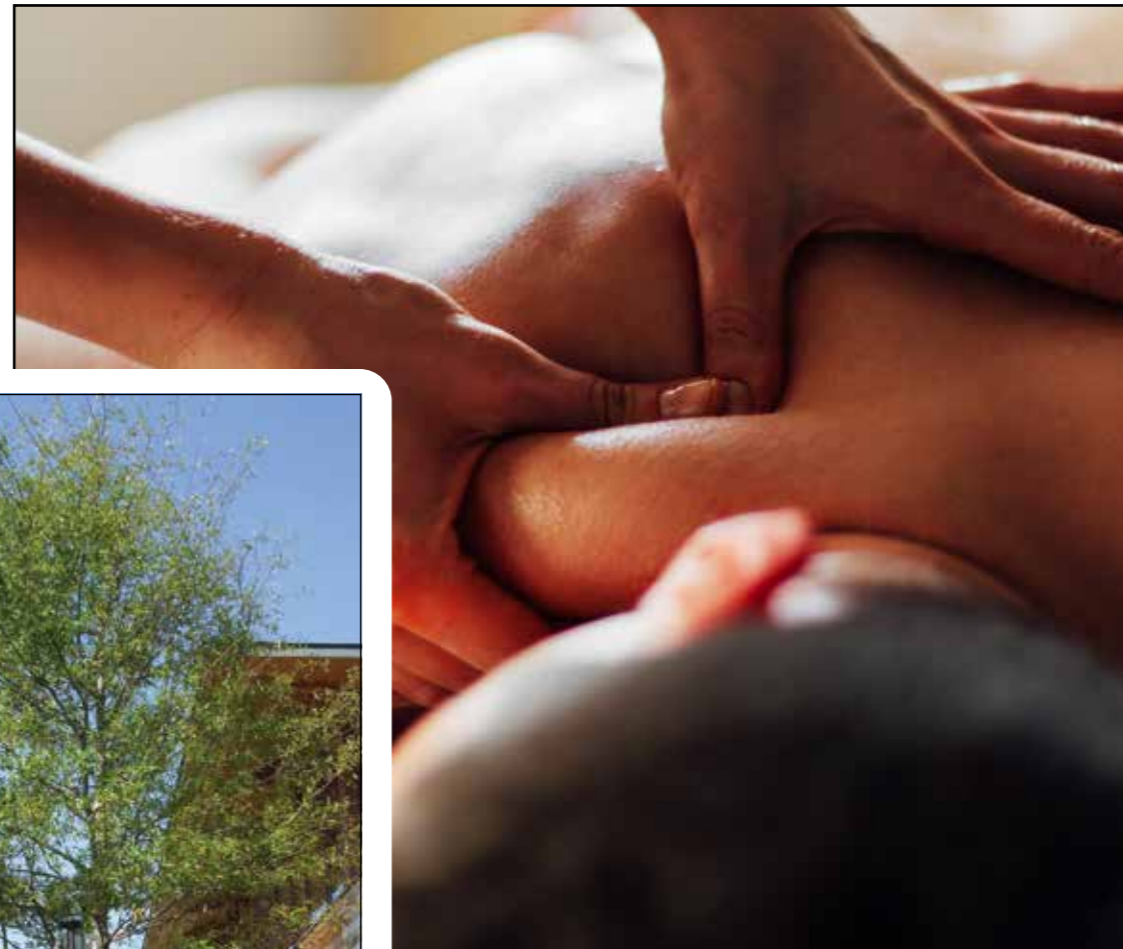
FITNESS

KAY COLGAN  
CERTIFIED HEALTH COACH, AND  
FITNESS INSTRUCTOR

To be human is to be connected to other humans. Hugging is a natural part of life. It's been hard lately for some due to Covid-19

to be connected to others, let alone get a hug. To be touched is powerful for mental and physical health.

I'm a hugger, and I miss hugging my family and friends. So many of us these days are living alone. The simple comfort of a hug or hand on the shoulder is no



longer possible. Days, weeks, and months go by without any personal touch. However, we are so fortunate in Middleburg to have amazing, safe massage therapists. They wear masks and provide a respite from our isolation and an opportunity for safe and much-needed touch and relaxation. Studies have shown with touch, anxiety decreases, the mood is elevated, and the immune system gets a boost, to name a few. BodyBloom and Middleburg Massage Therapy are just two of the fantastic massage studios in town. If you want a nice relaxing scrub, then check out BodyBloom. I have had fabulous body scrubs with Peggy, who owns BodyBloom. I always try to get 90 minutes to have a massage at the end—total bliss. Middleburg massage therapy has several masseuses. Juliet, a fellow personal trainer,

is also a masseuse at Middleburg Massage therapy. She has helped my daughter immensely with cluster headaches. Sherry is the owner of Middleburg Massage Therapy, and she is a masseuse to just about everyone. These are just the studios that I'm familiar with. There are many more in and around our town. Touch is so vital to each of us. If you would rather they come to you instead of the studio, I think most make home visits.

This is just one way you can add to your well being. Today we need to be touched more than ever. For more information about health and fitness, please contact: Kay Colgan, Middleburg Pilates, and Personal Training at 14 S Madison Street, Middleburg, Virginia, or call 540-687-6995.

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A Place To Be



Sunday, December 20th, 7:00pm

A live virtual event premiering the new musical, **HOPE FOR CHRISTMAS** produced and performed by A PLACETO BE cast members

Hosted and narrated by **J. Robert Spencer**  
Original Jersey Boy in *Jersey Boys*  
& Tony Nominee from the Pulitzer Prize  
winning *Next to Normal*

